

## Insomnia Severity Index

The Insomnia Severity Index has seven questions. The seven answers are added up to get a total score. When you have your total score, look at the 'Guidelines for Scoring/Interpretation' below to see where your sleep difficulty fits.

For each question, please CIRCLE the number that best describes your answer.

Please rate the *CURRENT* (i.e. *LAST 2 WEEKS*) *SEVERITY* of your insomnia problem(s).

Insomnia Problem	None	Mild	Moderate	Severe	Very Severe
1. Difficulty falling asleep	0	1	2	3	4
2. Difficulty staying asleep	0	1	2	3	4
3. Problems waking up too early	0	1	2	3	4

4. How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?

Very Satisfied      Satisfied      Moderately Satisfied      Dissatisfied      Very Dissatisfied  
 0                      1                      2                      3                      4

5. How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?

Not at all  
 Noticeable      A Little      Somewhat      Much      Very Much Noticeable  
 0                      1                      2                      3                      4

6. How WORRIED/DISTRESSED are you about your current sleep problem?

Not at all  
 Worried      A Little      Somewhat      Much      Very Much Worried  
 0                      1                      2                      3                      4

7. To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) CURRENTLY?

Not at all  
 Interfering      A Little      Somewhat      Much      Very Much Interfering  
 0                      1                      2                      3                      4

### Guidelines for Scoring/Interpretation:

Add the scores for all seven items (questions 1 + 2 + 3 + 4 + 5 + 6 + 7) = \_\_\_\_\_ your total score

Total score categories:

0–7 = No clinically significant insomnia

8–14 = Subthreshold insomnia

15–21 = Clinical insomnia (moderate severity)

22–28 = Clinical insomnia (severe)